

**HAMPTON PARKS AND RECREATION DEPARTMENT
YOUTH BASKETBALL RULES AND REGULATIONS 2003-04 SEASON**

1. PRACTICE SCHEDULE

- a. Practice will begin at the direction of the Hampton Parks & Recreation Department, and not before December 1st for the upcoming season (unless otherwise noted).
- b. Practices for each team may last no longer than two (2) hours per day.
- c. Coaches found practicing longer than two (2) hours a day or conducting an unauthorized practice will be suspended at the discretion of the Athletic Division.
- d. There will not be any practicing on Sundays.
- e. Holding practice sessions and scrimmages on game days are not permitted.
- f. Do not permit any player to participate in any practice sessions until the coach and/or commissioner have **IN HAND** the player's permission forms and their birth certificate/passport/hospital record.

2. LENGTH OF GAMES:

Mite Division - Games shall consist of four 6-minute quarters with one minute between quarters and five minutes between halves.

Midget Division - Games shall consist of four 6-minute quarters with one minute between quarters and five minutes between halves.

Intermediate, Junior, & Senior Divisions - Games shall consist of four 8-minute quarters with one minute between quarters and five minutes between halves.

3. SCOREKEEPING - Each team is required to have one official scorekeeper at or near the scorers table during each game. The two volunteers (one from each team) will be responsible for their teams scorebook. In the event of discrepancies, the scorebook at the scorers table is the "Official Scorebook" that will be used if a protest is submitted. Any player scratched prior to the start of the game should be reported to the official scorekeeper and to the opposing head coach.

4. CLOCK - The clock stops only for shooting fouls, time outs, jump balls, and injuries. Clock stops for all violations during the last two minutes of each half for all leagues/divisions.

5. **TIME-OUTS** - Teams will be allowed four (4) time-outs per game to be used at the discretion of the Head Coach. Non-used time-outs may be carried over into any overtime period that occurs.

6. **OVERTIME** - shall be two (2) minutes with clock stopping for all violations. If the overtime period ends with a tie, additional overtime periods of two (2) minutes will follow until a winner is declared. Each team receives one (1) time-out during an overtime period plus any non-used time-outs from the regulation time.

7. **OFFICIALS** - are required to sign (print) the official scorebook prior to the start of each game. All games will be officiated by two referees with the exception of the Mite Division, that division will have one official.

8. **FULL COURT PRESSING**

Mite Teams are not allowed to full court press at any time during the game

Midget Teams are allowed to full court press the entire fourth (4th) quarter of the game, including all overtime periods unless they are ahead by 15 or more points.

Intermediate Boys Teams are allowed to full court press the entire fourth (4th) quarter of the game, including all overtime periods unless they are ahead by 15 or more points.

Intermediate and Junior Girls Teams are allowed to full court press the entire (4th) quarter of the game, including all overtime periods unless they are ahead by 15 or more points.

Junior and Senior Teams are allowed to full court press the entire game including all overtime periods unless they are ahead by 15 or more points.

Teams are not permitted to run up the scores on opposing teams. This is a youth recreational sport for enjoyment, not to embarrass the opposing players. Coaches found running up the score will be disciplined by the Athletic Division.

9. **TEAMS**

a. Teams will become eligible for play after the following requirements have been met: Each player on the roster must reside and attend school within the City of Hampton. Use of an address in another school district will be considered

the district of residence. **If a player has been suspended from a Hampton City School they may not participate in a sanctioned league game until he/she is officially back in school.**

EXCEPTION - Any youth attending school in another district and is a resident of the City of Hampton must prove that tuition is being paid within that other district or that their parent/guardian is employed by the school in that other district in order to play with the HP&RD Basketball Program. (However, the participant must reside in Hampton)

b. Valid Birth Certificates, Passports, or Hospital Birth Records must be presented and approved by each commissioner.

c. Each team shall consist of no more than 15 players and a minimum of 10 players per roster. Teams must maintain a roster of 10 players during the entire season. NO players can be added after the second game of the regular season. If any teams fall under the minimum 10 players per roster and wish to add players, the commissioner must get permission from the Hampton Athletics Manager before adding players.

d. Each roster must have players names, address, birth dates, and birth certificate/passport/hospital record numbers typed or printed in a legible manner in order for a team to be eligible for play.

e. The \$10.00 per player participation registration fee must accompany each roster. The player participation fee is non-refundable under any circumstances. Checks or money orders will be accepted. **ABSOLUTELY NO CASH!** Teams failing to pay the registration fees will not be permitted to participate.

f. Rosters, birth certificates, and participant release forms are due by December 19, 2003 no later than 4:00 p.m. (close of business). **NO EXCEPTIONS!** Registration is by appointment only.

g. **INELIGIBLE PLAYERS** - Any youth who participates in the first official game, Junior Varsity or Varsity Basketball will be considered ineligible for league play within the HP&RD Basketball League. **NO EXCEPTIONS!**

-NOTE: If a participant has been suspended from school he/she may not participate in the recreation league until he/she is back in school – NO EXCEPTIONS!

10. **PLAYER PARTICIPATION:**

- a. Each player must play a full quarter from start to finish.
- b. The coach in charge of the team **at game time** has sole responsibility for carrying out the aforementioned rule. However, the gym supervisor will be checking the official scorebook at the end of the third (3rd) period to make sure each team is complying with the rule. If he/she is unable to check the scorebook and the coach does not play a player at least one quarter from start to finish, the game shall be forfeited. (This must be certified in the "Official" Scorebook). A player playing four minutes during one quarter, and four minutes in another quarter does **NOT** constitute a full quarter.
- c. A player participating for a Middle School must attend that particular Middle School in Hampton (Eaton, Davis, Spratley, Lindsay, Syms). Independent organizations are exempt from this rule.
- d. A coach who for disciplinary reasons, feels that a player should not play in a game, must - before the game starts - so dictate to the official scorer, referees, and opposing coach. **EXAMPLE:** A player does not show up for practice but does show up for the game. **THIS WILL BE INVESTIGATED BY THE HP&RD.**

11. PROTEST: Same as National Federation of State High School Association Rules and Regulations. **No protest shall be honored** with the exception of eligibility and player participation. It shall be in writing, stating player in question, and be accompanied by a one hundred dollar (\$100.00) fee. The fee will be returned if the protest is upheld. The protest must be submitted to the Athletics Manager on the City workday immediately following the game, which is protested, by 4:00 p.m.

EXAMPLE: Tuesday's game protest due by 4:00 p.m. Wednesday
Friday's game protest due by 4:00 p.m. Monday

12. **AGE LIMITATIONS:**

	<u>BOYS</u>	<u>GIRLS</u>
MITE DIVISION	6- 8*	6- 8*
MIDGET DIVISION	8-10	8-10
INTERMEDIATE DIVISION	11-12	11-12
JUNIOR DIVISION	13-14	13-15
SENIOR DIVISION	15-18	16-18

*first year 8 year olds

October 1, 2003 is the cut-off date concerning birth date eligibility.

NOTE: BOYS AND GIRLS PLAY BY THE SAME RULES.

13. PERMISSION FORMS: Before any team can practice or participate in any HP&RD League, they must present a completed participation form properly signed for each player and a copy of their team roster, with birth certificate, passport, or hospital birth record submitted for review by December 19, 2003.
NO EXCEPTIONS!

EXAMPLE: A youth who becomes 10 years old on or before October 1, 2003 will play as a 10 year old. A youth, who becomes 10 years old at any time after October 1, 2003 of the current year, will play as a 9 year old.

14. FOUL SHOTS:

Mites - After shooting foul shots, the player shooting may cross the line, but only if momentum carries the player across - they must start the shot attempt from behind the free-throw line. Free-throws will be shot from a 9' line.

Midgets – will shoot free-throw from the standard free-throw line. The player may cross the line, but only if momentum carries them across.

INTERMEDIATE, JUNIOR, AND SENIOR LEAGUES MUST REMAIN BEHIND THE STANDARD FREE-THROW LINE.

15. Players may move up to the next age group if written request is submitted to the Athletics Division, accompanied by written parental permission. The Athletic Division will investigate each request and determine eligibility for each move request.

NOTE: If a player is moved up, he/she must play with that age group for the remainder of the season. This action will be done before the first game of the season.

16. Midget and Intermediate teams will use the small basketball. Junior and Senior teams will use the regular size official basketball.

17. All youth basketball coaches must attend and pass the NYSCA Clinic and successfully pass a criminal background check in order to coach basketball in the Hampton Parks and Recreation Department youth leagues. Additionally, a Coaches Roster must be turned in along with the team rosters. Only certified

coaches are permitted in the bench area. Under no circumstances will a non-certified coach be permitted to conduct a practice.

18. CHAMPIONSHIP TOURNAMENTS: The end-of-season championships will be between the top four teams within each division, except Mite division. In the event that team standings are tied, most points scored will be the determining factor. If a tie still exists, head-to-head results will be the determining factor. If a tie still exists, points yielded will be the determining factor.

19. AWARDS/TROPHIES: The HP&RD will present 15 individual trophies to the champions and runner-ups in the Championship Tournament.

20. LIABILITY: The head coach must assume full responsibility for personal injuries that occur during non-league scheduled games, for injuries that occur while traveling to and from such contests, and for injuries that occur on other than sanctioned practice and/or playing gymnasiums. Additionally, no players are permitted to slam dunk the basketball.

21. AUTOMATIC SUSPENSIONS: Any team member, coach, commissioner, or president ejected from a game shall be suspended for a minimum of one (1) game to be played by his/her team. Notice of this suspension by the HP&RD will not be necessary.

NOTE: The use of such a player, coach, etc. shall result in an automatic forfeit by his/her team of all games in which he/she participated in while suspended.

If any coach, commissioner, president, or player is found to be associated with any type of violation of the law (ie: possession of drugs), the HP&RD and the Basketball Advisory Committee has full authority to suspend, eject, or ban that coach, commissioner, president, or player, if necessary.

22. ALCOHOLIC BEVERAGES/ILLEGAL SUBSTANCES/PROPERTY DAMAGE/FIRE ARMS: The use of alcoholic beverages and/or illegal substances on City of Hampton property is prohibited. Anyone caught using them will be subject to arrest. Any player, coach, commissioner, or president caught using illegal substances or consuming alcoholic beverages will be suspended from the league forever. **A team may be censored if their supporters/fans are caught indulging.** Any team, team member, coach, commissioner, president, or anyone connected with a team in any way, found guilty of defacing or damaging property at any time will be banned permanently from all HP&RD sponsored programs.

24. UNSPORTSMANLIKE CONDUCT - Any act of unsportsmanlike conduct observed by the HP&RD or reported to the HP&RD by its agents (ie: Officials, School Officials, etc.) will be investigated by the HP&RD and the Basketball Advisory Committee. If a suspension is imposed, it will be for a minimum of one year from the date of suspension and will include all activities sponsored by the HP&RD.

26. ADDING ASSOCIATION/TEAMS TO THE LEAGUE: Any new association/team wanting to join the HP&RD Basketball League must be approved by the Director of Parks and Recreation, the HP&RD Athletics Manager, and the Basketball Advisory Committee. The new association/team must also fulfill the necessary requirements set by the HP&RD and the Basketball Advisory Committee.

28. Uniforms must be tastefully worn. Shorts must be pulled up to the waist and shirts/jerseys must be pulled down over the chest at all times. The penalty for violating these rules are as follows: First Offense: Warning Issued
Second Offense: Technical Foul will be charged

30. The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex, or disability.

SAFETY PRECAUTIONS FOR YOUTH BASKETBALL GAMES AND PRACTICES.

1. Do not permit any child to participate in any practices/games without having their medical release/liability form in hand. NO EXCEPTIONS!
2. Examine your practice facilities for objects that could cause injuries. If you find any unsafe factors on or near your practice facility, call the HP&RD at 727-1975 or 727-1113.
3. When planning and conducting your practice sessions, keep in mind the age and physical condition of your players and act accordingly. Make sure each player is given frequent water breaks.
4. Be alert to any type of injury - large or small. Even if a child is moved off the playing floor by him/herself, he/she could still be the victim of a serious injury. Never put an injured player back into the game and obtain a physicians written approval before returning to practice sessions.

NOTE: A SECOND BLOW TO THE HEAD OF A CHILD WHO HAS SUFFERED A CONCUSSION CAN EASILY RESULT IN HIS/HER DEATH.

5. Remember, the teaching of good sportsmanship and safe play is the primary goal of each and every parent, coach, commissioner, and president.

ANY RULE NOT COVERED BY THESE REGULATIONS SHALL BE GOVERNED BY THE 2003-4 NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION RULES AND REGULATIONS.